



THE PREPARED FAMILY



"Prepare Every Needful Thing"

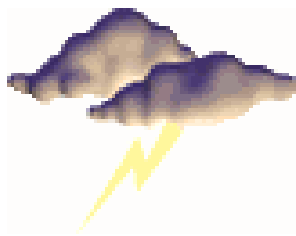
October 1999

Scripture or Quote of the month:

"Let's be thankful for bread to live. Let's be thankful for bread to give."

"The great blessing of being prepared gives us the freedom from fear."

A story to get you thinking!



WHEN THE WIND BLOWS

by Kirsten

A young man applied for a job as a farmhand. When the farmer asked for his qualifications, he said, "I can sleep when the wind blows." This puzzled the farmer. But he liked the young man and hired him.

A few days later, the farmer and his wife were awakened in the night by a violent storm. They quickly began to check things out to see if all was secure. They found that the shutters on the farmhouse had been securely fastened. A good supply of logs had been set next to the fireplace. The young man slept soundly.

The farmer and his wife then inspected their property. They found that the farm tools had been placed in the storage shed, safe from the elements. The tractor had been moved into the garage. The barn was properly locked. Even the animals were calm. All was well.

The farmer then understood the meaning of the young man's words, "I can sleep when the wind blows." Because the farmhand did his work loyally and faithfully when the skies were clear, he was prepared for the storm when it broke. So when the wind blew, he was not afraid. He could sleep in peace.

I pray that each of you has been diligent in your preparations so that you may sleep when the wind blow in your path. What do you have left to do?

HOW DOES THIS APPLY TO OUR LIVES?

The story about the young farmhand illustrates a principle that is often overlooked about being prepared for various events that occur in life. There was nothing dramatic or sensational in the young farmhand's preparations--he just faithfully did what was needed each day. Consequently, peace was his, even in a storm. A short poem expresses this principle as it pertains to your life.

*It isn't the things you do,
It's the things you leave undone,
Which gives you a bit of heartache,
At the setting of the sun.*

Dry Pack

Milk and Sugar

Did you know?

1. potato flakes - 20-30 lbs per person per year (2-5 years in storage in tin cans)
2. Freeze-dried - 7 years or more in storage - after opening - must be used within a month.
3. Dried - 4 years or more in storage - keep contents in cool, dry place 8 cans for 2 persons for one year.
4. Canned potatoes - count as part of Vegetable group of peas, corn, string beans, tomatoes, beets, carrots, spinach, squash - 166 cans per person per year!
5. Fresh potatoes for one year for one adult person is 15 lbs.

Grocery Items

Honey, brown/powdered sugar and molasses
10 lbs. of peanut butter, or other nut butters

Non-Food

Emergency supply kit for autos, add to first aid kit

72 Hour Kit

Medicines (prescription and over the counter-- ex. Tylenol cold medicines; baby supplies.

Stock up by the week

If you miss a week, go the following week, just don't give up! Don't forget to use those pre-holiday specials and coupons!

- More canned fruit and vegetables
- Buy an extra 25 lbs. of sugar -- 100 lbs/person/year
- Can or freeze vegetables from garden
- Dried beans, peas -- 60 lbs/person/year
- Sweeteners -- honey, molasses etc. Counts toward sugar totals

Gardens/Gardening Tips

Till those gardens and prepare them for next spring. Add mulch and other nutrients and work in. Cover those winter root crops you plan on keeping in the ground, i.e., carrots, potatoes. They can overwinter if covered with mulch like hay, leaves, pine needles in some areas (be careful, they can damage some plants) check out your local library or master gardener for more information.

Recipes

Homemade Grape-nut Cereal

by Jennifer Whitt of Cincinnati, Ohio

3 c Whole Wheat flour
 ½ C. Non-instant powdered milk
 ¼ C. Brown Sugar (optional) ½ tsp salt
 2 Tbs of maple flavoring ¼ C. Melted Honey
 6 Tbs water

Mix all the dry ingredients first... then pour in the liquid ingredients. Stir with a wire whisk until it forms little balls. Bake on large cookie sheet (I sprayed the cookie sheet with a little cooking spray) at 325E for 20 minutes. Stir occasionally... let cool and store in airtight container. Use as cereal.

Fruit Crisp dessert

by Jen Smith

3 C. dried fruit 3 C. boiling water
 ½ C flour
 ½ C butter or margarine, cut in small pieces
 ¾ C. brown sugar 1 t. cinnamon
 ¼ t. nutmeg ½ C. reg. or quick oats
 1 T. corn starch 1 T. sugar

Cut dried fruit into small pieces. Cover with boiling water and let stand for 30 minutes. Butter a 8x8x2-inch pan. Make crumb topping by combining flour, butter, brown sugar, cinnamon & nutmeg. Add oats to mixture. Combine cornstarch & sugar; sprinkle over reconstituted fruit & mix well. Place fruit in buttered pan. Cover with crumb topping. Bake at 350E for 30 minutes or until bubbly at edges.

Coconut-Millet Pudding Recipe:

by Allison Meadows

¾ cups millet, rinsed and cleaned
 3 cups vanilla soymilk, diluted 3:1 (or reconstituted milk)
 ½ cup honey 1 cup unsweetened coconut flakes
 1 tsp. vanilla

Pour all ingredients into a lightly oiled casserole dish. Bake at 350E for 1 to 1.5 hours, until the consistency of pudding.

I have added crushed pineapple to the mix upon occasion, and that has been popular.

Now do you want the cheap version of that recipe? It's still pretty good and is adapted to a larger family size:

3 cups millet 1 cup coconut
 10 cups water 1 ½ cups honey
 1 Tbs. vanilla

You can try this recipe with Tabouli salad with sprouted buckwheat.

There are lots of fun things to do with whole grains and they sure are great to have when you're on a tight budget!

TOFU Cheesecake

by Nelwyn

1 cup Sweetened Condensed Milk
 2 cups mashed Tofu
 a cup Lemon juice
 1 tsp. Vanilla

Combine all ingredients in a blender. Blend until smooth. Pour into a graham cracker crust. Chill 2 or 3 hours. Top with cherry pie filling or strawberries.

Steamed Milk

by Ruth Wardell

2 cups Powdered Milk 1 cup Non-dairy Creamer
 1 ¼ cups Sugar 1 T. Cinnamon

Mix together. Store in an airtight container. To serve, mix a Cup with 1 Cup HOT water. Add a couple drops of vanilla in each cup OR add 3 teaspoons powdered vanilla to the mix.

Cocoa Mix

10 b cups Powdered Milk
 6 ounces coffee mate (any flavor)
 b cup cocoa 2 ½ cups sugar
 1 cup powdered sugar

Mix all ingredients together. Store in an airtight container. Mix a heaped ¼ cup of mix into HOT water.

Emergency and Family Preparedness



TIPS, IDEAS and PROVIDENT LIVING:

Make a shopping list and stick to it and you'll be amazed how your budget will stretch. Cut out junk food buying. Chips are fine as long as they are needed for topping or a special occasion.

Tooth ache got you down? Try these home remedies!

Use ground cloves and made a paste to rub on the toothache. This numbs it and then you could keep it up until you can see a dentist or until the disaster is over. I have also tried crushing an aspirin and using that too. Aspirin with a little water on it applied to a bee or bug sting takes the pain out and inhibits reaction.

Using lemon extract (this was my grandma's favorite remedy) on a cotton swab and held on the affected tooth or putting a

dab of toothpaste on the end of a swab and holding on the painful tooth can bring a lot of relief.

FYI

Health Secret:

SPICE UP YOUR LIFE -- BOOST YOUR HEALTH

Some common spices help prevent food poisoning. Food microbiologists studied the effect of 23 different spices frequently used in cooking on food infected with E. coli bacteria, the most common villain in food poisoning.

They found that five of the spices -- garlic, cloves, cinnamon, oregano and sage -- were particularly effective at killing bacteria in any food. While the experiment used very large amounts of the different spices, researchers report that the moderate amounts typically used are helpful in giving protection to home cooking -- but do not kill all bacteria.

Daniel Y.C. Fung, PhD, professor of food microbiology at Kansas State University in Manhattan, Kansas.

Why Be Prepared?

Being prepared is more than just food storage!

Home production of food and nonfood items is a way to stretch your income and to increase your skills and talents. It is a way to teach your family to be self-sufficient. Our children are provided with much needed opportunities to learn the fundamentals of work, industry, and thrift. President Romney has said, "We will see the day when we will live on what we produce." (Conference Reports, April 1975, p. 165) [Vaughn J. Featherstone; April Conference, 1976]

Solar Flares may be worse than Y2k computer problems:

Warning: Solar Flares May Cause More Havoc Than Y2K

(Last updated 2:31 AM ET March 19)

By Bernard Hickey

LONDON (Reuters) - A burst of solar flare activity around the millennium could wreak more havoc on satellite systems and power grids than the Year 2000 computer problem, a senior British Y2K planner said Thursday.

A surge of solar flares or solar storms that can shut down power grids and burn out satellites was expected to peak in late 1999 and early 2000, a conference for Y2K planners was told.

"Solar flares could do damage far beyond anything the Year 2000 could do, and it could hit us on that weekend," said Michael Lewis, the deputy chief executive of Britain's Association of Payments and Clearing Systems (APACs).

The last peak in the 11-year cycle of solar flares was in March 1989, when surge of atmospheric magnetic activity shut down the Hydro-Quebec power grid in Canada, leaving 6 million people without power for days.

Lewis, who is helping coordinate the British banking system's Y2K response, said the dangers of solar flare activity happening in tandem with the Y2K computer problem could not be ignored. "It's not a 'my wife has been abducted by aliens story.' It's a serious problem. It comes in cycles and it happens to coincide with the millennium this time," Lewis later told Reuters.

"It's something that people tend to forget. It can knock out communications satellites."

A sneak preview of how solar flare activity could paralyze communications came in May last year when it is believed solar flare activity knocked out the Galaxy 4 satellite over the United States.

For three days' chaos ensued as 40 million pagers stopped working, television and data broadcasts were disrupted, and many credit card transactions were blocked.

The satellite's operator, PanAmSat, had to ask users to redirect their antennas to other satellites. The outage caused havoc in the U.S. medical system because many doctors relied on their pagers to be alerted about patients.

This next solar flare peak is expected to have a much heavier impact on communications satellites than in 1989.

This is because so many more satellites have been put in place and are used more widely for mobile phones, the global positioning system (GPS), and as a route for the Internet.

Lewis said communications and power failures caused by solar flares could compound a loss of public confidence in communications and computer systems just when it was most needed -- around the millennium.

Get Physical !

Get ready to rake those lawns, and take the kids out for a evening stroll. They will love the cooler fall air and will settle down after a full day of school.

Where to get supplies:

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| Costco/Sam's | URM/Cash & Carry |
| Storehouse/Cannery | Bulk Food Sellers |
| Camping Supply Stores | Nurseries/Seed Suppliers |
| Emergency Supply Houses | Food Co-Ops |
| Internet Suppliers of your choice | Local Farmers/Farmers Markets |

